

HANDLING STUDENT ANXIETY IN FACING TESTS USING METHOD HYPNOSIS

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ABSTRACT

Anxiety is a psychological condition characterized by excessive feelings of anxiety, fear, worry, or restlessness. Anxiety can affect students' performance in facing exams, both school exams and national exams. Anxiety can cause problems with students' concentration, memory, motivation and self-confidence. Therefore, efforts are needed to overcome students' anxiety in facing exams. One method that can be used is hypnosis. Hypnosis is a technique that uses suggestion to influence a person's thoughts, feelings and behavior. Hypnosis can help students to relax the body and mind, increase focus and concentration, change negative attitudes and beliefs, and raise student motivation and self-confidence. Hypnosis can be done independently (self hypnosis) or with the help of another person (hypnotherapist). Hypnosis can use various tools, such as music, pictures, or the five finger method. The five finger method is a hypnosis technique that uses five fingers as symbols to activate the positive resources within the student. Research shows that hypnosis can be effective in reducing student anxiety before exams and improving student learning outcomes.

Keywords: Anxiety, Testing, Hypnosis, Five Finger Method.

BACKGROUND

In living our lives there are times when we experience things that do not match our hopes and desires which will result in great disappointment. Moreover, with the added challenges that occur in life, a good response will be required in dealing with the environment. This response comes from positive thinking, especially through good emotional intelligence. If you respond negatively without managing your emotions, challenges with solutions that do not meet your expectations will be considered a failure and a big disappointment, anxiety will arise in living your life.

Objective: To provide solutions for students who are facing exams so that they are given calm and relaxation in the hope of getting the best results and growing a strong sense of self-confidence

Research Method: This research is library research using documents as a data collection tool. In this research, researchers used books and research journals that have been published with the results of hypnosis techniques being a solution for dealing with anxiety, especially when students are facing exams to be more relaxed and get optimal results.

Discussion: With the hypnosis method, negative experiences that have occurred previously, especially to students who have experienced, for example, having received bad grades or grades that did not meet expectations that have been embedded in the subconscious can be recalled and then corrected by changing to positive thoughts so that students can eliminate anxiety in facing exam after using this hypnosis method with peace of mind and soul, students will take the exam calmly, hopefully the love will be better.

INTRODUCTION

Every day in our lives there are times when we experience things that do not match our hopes and desires which will result in great disappointment. Moreover, with the added challenges that occur in life, a good response will be required in dealing with the environment. This response comes from positive thinking, especially through good emotional intelligence. If you respond negatively without managing your emotions, challenges with solutions that do not meet your expectations will be considered a failure and a big disappointment, anxiety will arise in living your life. The same thing is experienced by students when facing school exams because there is a lot of data in the memory of failures which are marked by test scores that do not meet expectations so that when facing exams there is excessive anxiety, in fact this will also have an impact on negative results.

Anxiety is an emotional state and subjective experience of individuals, without a specific object due to ignorance and precedes all new experiences such as entering school, a new job, physical illness or giving birth to a child (Stuart, 2012). Anxiety is a feeling of worry that is perceived as a threat (Keliat, B.A, 2013). High levels of distrust due to memories of previous failures will make students panic when facing exams and will no longer focus, allowing them to continue reading books, which in the end will have an impact on grades that increasingly do not meet expectations and will increase the feeling of high failure, resulting in continued loss of self-confidence.

In dealing with anxiety, one way is to use hypnosis techniques which have the concept of the mind being like an onion in layers. Humans have three levels of consciousness that work simultaneously and influence each other and form a complete mind. Most human behavior is driven by unconscious motives, the mind is like an iceberg, the visible part is the conscious mind and the bottom part is the subconscious mind. The subconscious mind functions to process habits, feelings, permanent memory, personality, intuition, creativity and beliefs (Arka, 2019).

According to a journal published by Fajariyah in 2023 with the title five finger hypnosis training to reduce anxiety in students who will take exams at SMAN 1 Dramaga Bogor, results from 30 students who were respondents in community service experienced 100% anxiety before being given five finger hypnosis therapy. However, after counseling and demonstration of five finger hypnosis therapy, anxiety was 0%, meaning the anxiety was gone. They feel more relaxed, calmer and more confident. Five finger hypnosis can be applied to various anxiety triggers, but currently community service focuses more on students who will be facing exams. Apart from that, in the journal published by Siswanto, et.al. in 2022 with the title the effect of self-hypnosis on the anxiety level of final year students facing the Ukom Exit Exam at the Insan Husada Surakarta Polytechnic. The results showed that providing self-hypnosis therapy was able to reduce the anxiety level in students facing the exit exam competency exam. From several research journals above, it is confirmed by Marwati and Yuliana's research in 2021 that there is an effect of five finger hypnosis therapy on reducing the anxiety level of Jambi Province RSJD polyclinic patients with P Value = 0.000 ($p < 0.05$).

For this reason, with previous research in dealing with anxiety that can be overcome by hypnosis, I want to dig deeper in order to provide a solution for students who are facing exams so that they are given calm and relaxation in the hope of getting the best results and growing a strong sense of self-confidence.

RESEARCH METHODS

This research is library research using documents as a data collection tool. In this research, researchers used books and research journals that have been published with the results of hypnosis techniques being a solution for dealing with anxiety, especially when students are facing exams to be more relaxed and get optimal results.

RESULTS AND DISCUSSION

a. Understanding Anxiety

Anxiety is a reaction to real danger that may lead to disaster. Anxiety is the result of psychological processes and physiological processes in the human body. Anxiety can have a negative effect on a person's work if it occurs frequently, it occurs alone or combined with other symptoms of various emotional disorders (Ramaiah, 2003).

Anxiety is a psychological response to stress that contains physiological and psychological components, feelings of fear or unease for unknown reasons. Anxiety occurs when someone feels threatened both physically and psychologically, such as self-esteem, self-image or self-identity (Savitri & Lautan, 2021).

Anxiety in students is often related to exam situations, where exams are one way of evaluating students regarding learning material and are also a source of anxiety for students. In connection with the above, it can be concluded that anxiety when facing an exam is a manifestation of mixed emotions and is experienced by an individual as a reaction to facing an exam which can affect the physical and psychological (Budi, 2020). Anxiety is closely related to feelings of uncertainty and helplessness. According to Peplau (1952) in Suliswati (2014) in a book written by Budi (2020) there are four levels, namely:

1) Mild Anxiety

Connected with daily tensions. Individuals are still alert and their field of perception expands, sharpening their senses. Can motivate individuals to learn and be able to solve problems effectively and produce growth and creativity.

2) Moderate Anxiety

Individuals focus only on thoughts that concern them, their field of perception narrows, and they can still do things with the direction of other people.

3) Severe Anxiety

The field of individual perception is very narrow. Focuses on small, specific details and is unable to think about anything else. All behaviors are intended to reduce anxiety and require a lot of command/direction to focus on other areas.

4) Panic

The individual loses self-control and detailed attention is lost. Due to loss of control, he is unable to do anything even with commands. There is increased motor activity, reduced ability to relate to other people, perceptual distortions and loss of rational thinking, unable to function effectively. Usually accompanied by personality disorganization.

b. Factors Influencing Anxiety

According to Stuart (2013), in a book written by Budi in 2020, the factors that influence anxiety are divided into two, namely:

1) Predisposing factors related to anxiety theory:

a) Psychoanalytic Theory

Psychoanalytic theory explains the emotional conflict that occurs between two personality elements, including the Id and Ego. The Id has the drive of a person's primitive instincts and impulses, while the Ego reflects a person's conscience and is

controlled by a person's cultural norms. The function of anxiety in the ego is to remind the ego that there is impending danger (Stuart, 2013). According to Yang et al in 2014, the causes of anxiety in the skills lab exam are that students are not sure about the passing standards and students are worried about effectiveness in the skills lab exam.

b) Interpersonal Theory

Stuart in 2013 stated that anxiety is a manifestation of rejection from individuals which creates feelings of fear. Anxiety is also related to the development of trauma such as separation and loss which causes anxiety. Individuals with low self-esteem will easily experience anxiety. According to Yang et al in 2014, the cause of anxiety in the lab skills exam based on interpersonal theory is that students are worried about the behavior of the lecturer supervising them during the lab skills exam and students are also worried about insufficient resources to face the lab skills exam.

c) Behavioral theory

In this theory, anxiety arises due to specific environmental stimuli, wrong or unproductive thinking patterns can cause maladaptive behavior. According to Stuart (2013), overestimating the existence of danger in certain situations and underestimating one's ability to overcome threats is a cause of anxiety in a person.

d) Biological theory

Biological theory shows that the brain contains special receptors that can increase the inhibitory neuroregulator (GABA) which plays an important role in biological mechanisms related to anxiety. Physical disorders and a decrease in an individual's ability to cope with stressors are accompanying anxiety.

2) Precipitation factor

a) External Factors

- Physical Integrity Threats

Includes physiological inability to meet basic daily needs which can be caused by illness, physical trauma, accidents

- Self System Threats

These include threats to self-identity, self-esteem, loss and changes in status and role, group pressure, social culture.

b) Internal factors

- Age

Anxiety disorders are more easily experienced by someone who is younger than individuals who are older (Kaplan & Sadock, 2010).

- Stressors

Kaplan and Sadock (2010) define stressors as adaptation demands on individuals caused by changes in life circumstances. The nature of the stressor can change suddenly and can influence a person's ability to deal with anxiety, depending on a person's coping mechanisms. The more stressors a student experiences, the greater the impact on bodily functions so that if a small stressor occurs it can result in an overreaction.

- Environment

Individuals who are in a foreign environment experience anxiety more easily than when they are in an environment they usually live in (Stuart, 2013). From environmental factors, according to Yang et al (2014), what causes anxiety in the lab skills test is that students worry about the environmental atmosphere during the nursing skills test.

- Gender

Women experience anxiety more often than men. Women have higher levels of anxiety than men. This is because women are more sensitive to their emotions, which ultimately influences their feelings of anxiety (Kaplan & Sadock, 2010).

- Education

In Kaplan and Sadock (2010), individual thinking abilities are influenced by the level of education. The higher the level of education, the easier it is for individuals to think rationally and capture new information. Analytical skills will make it easier for individuals to decipher new problems. According to Lallo et al (2013), the educational factor that influences student graduation when facing the OSCE exam is the student's ability. This ability is usually known as the Intelligence Quotient (IQ) or also known as the student's intelligence level. Things that can influence a student's level of intelligence are the student's preparation regarding understanding the material and the skills acquired before facing the exam. If the preparation made by students is good, the exam results they will obtain will be good.

c. Hypnosis Methods for Handling Anxiety

According to hypnosis, the mind is like an onion with layers. Humans have three levels of consciousness which work simultaneously and influence each other and form a complete human mind, namely conscious (conscious mind), subconscious (subconscious mind) and unconscious (unconscious mind). The conscious mind is located in the cortex of the brain which begins to be active at the age of 3 years, its function for thinking or logic is around 12% of the human brain's capacity. About 88% of the subconscious mind is located in the medulla oblongata which is formed in the womb, from birth until the age of 3 years, whatever happens around us, positive, negative, images, actions, words, tones, sound frequencies will be immediately absorbed and entered into the mind. unconscious. The most memorable experiences that have a high or intense emotional component will be information that is recorded very strongly in the subconscious mind. Viewed from a scientific perspective, hypnosis is a science that studies the influence of suggestion and imagination on the human mind. The semi-conscious state of a person in a state of hypnosis, even though their body is at rest, can still hear clearly and respond to the information they receive (Arka, 2019).

The process of changing a normal state to a hypnotic state. Hypnotic State is a condition where a person tends to be more suggestive so that he can accept suggestions that can turn into new values. By resting the conscious mind through hypnosis, a person can be given memories, advice or suggestions that can reprogram their subconscious mind for various positive purposes, for example in dealing with anxiety you can include positive suggestions so that when you are in an uncomfortable condition it doesn't happen again. worry. When the hypnosis process occurs, the parasympathetic nervous system is activated so that the subject becomes very relaxed and comfortable. This is very useful in carrying out therapy because the subject will remain relaxed, even though the phobia or trauma in anxiety is being treated. There are two nervous systems, namely the autonomic nervous system and the central nervous system. The autonomic nervous system regulates internal systems, which are usually movements that are beyond the control of the conscious mind. What is included in the control of the autonomic nervous system includes heart rate, digestive system and glandular activity. The central nervous system regulates motor responses to sensory impressions through the brain and nerves in the spine (Arka, 2019).

With the hypnosis method, negative experiences that have occurred previously, especially to students who have experienced, for example, having received bad grades or grades that did not meet expectations that have been embedded in the subconscious can be recalled and then corrected by changing to positive thoughts so that students can eliminate anxiety in facing exams after Doing this hypnosis method with peace of mind and soul, students will take the exam calmly, hopefully the love will be better.

CONCLUSION

Anxiety in students is often related to exam situations, where exams are one way of evaluating students regarding learning material and are also a source of anxiety for students. In connection with the above, it can be concluded that anxiety in facing an exam is a manifestation of mixed emotions and is experienced by an individual as a reaction to facing an exam which can affect the physical and psychological.

With the hypnosis method which can change negative paradigms into positive thoughts when students relax so that mental peace is achieved. That's when students will carry out the exam with full calm and confidence and the grades they hope to achieve.

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